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CFB Trenton Pond Hockey Classic looks to grow again in 2015

Organizers hope to grow the event to its maximum 32 teams and raise \$40,000 for Soldier On and Trenton Memorial Hospital Foundation

By Ross Lees

Capt. Jeff Moorhouse is looking to grow the CFB Trenton Pond Hockey Classic on Jan. 23 to 25 once again.

Never ready to rest on his laurels, Capt. Moorhouse wants to see the annual fundraising tournament progress from three rinks and 26 teams participating last year to the current team maximum of 32 teams with a fundraising goal of \$40,000 this year. Last year, \$30,000 was raised.

As of Monday when a press conference was held at the Batawa Community Centre, 24 teams were signed up already for this Scotiabank and ScotiaMcLeod-sponsored annual four-on-four Canadian Pond Hockey rules tournament which raises funds for Soldier On and the Trenton Memorial Hospital Foundation.

"It's a chance for us as military personnel to raise money for our fellow soldiers injured in the line of duty, but it's also a way to give back to the community which is also important to us because the community is great to us," Capt. Moorhouse stated. "It's a

Continued on page 8



CFB Trenton Pond Hockey Classic organizer Capt. Jeff Moorhouse and tournament sponsors from left to right Tina Furnidge, Trenton Branch Manager, Diane Gaffney, Trenton Town Centre, Julie Lange of ScotiaMcLeod and Laura-Lee Hogan, Manager of Events and Stewardship, display the tournament Spirit Award trophy. Photo by Ross Lees

UA Local 401 and Dependable Mechanical support Camp Maple Leaf

By Ross Lees

Camp Maple Leaf children will be the substantial beneficiaries of a \$16,812.55 cheque from UA Local 401 and their contractor Dependable Mechanical, including over 300 military children who will attend the camp from Ontario this summer.

On behalf of those children and Camp Maple Leaf, Lynda Keith, Director of Resource Development for Camp Maple Leaf, thanked the union and base personnel for all they do to support this registered charity which provides a residential summer camp experience to children of military families – children of

fallen, injured and currently deployed soldiers – and disadvantaged children who, due to financial and other life circumstances, would not otherwise be able to afford such an opportunity.

Mrs. Keith noted that the camp had been working with UA Local 401 for just over three years and

nearly \$50,000 had been raised by the union during in-kind and in cash during that period.

"That's absolutely huge," Mrs. Keith noted.

She also thanked military personnel from Aerospace and Telecommunications Engineering Support Squadron (ATESS) for all the work they do at the camp.

"They get up to the camp and do a lot of work for us through their exercises, so we really appreciate CFB Trenton's help," she said.

The funds were raised through events like golf tournaments, barbecues and 50/50 draws, according to UA Local 401

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Roots of Hockey dinner January 23

This year's Roots of Hockey dinner promises to run the emotional gamut

By Ross Lees

The CFB Trenton Pond Hockey Classic at Batawa is based around a pond hockey tournament used to fundraise for Soldier On and the Trenton Memorial Hospital Foundation. Each team enters by pledging a minimum of \$300 per team to be raised through pledges with each donation of \$10 or more re-

ceiving a tax receipt.

Sponsored by Scotiabank and ScotiaMcLeod, this year's tournament taking place from Jan. 23 to 25 hopes to raise \$40,000. Organizer Capt. Jeff Moorhouse expects that to happen through the team registrations, the Roots of Hockey dinner to be held on Friday night, Jan. 23 at the National Air Force Museum of Canada, and through the sale

of 40 CFB Trenton Pond Hockey classic hockey sweaters at \$90 each.

Last year, 180 people attended the Roots of Hockey dinner to hear Mr. Walter Gretzky speak, who kept the audience mesmerized for well over one hour.

Expect this year's dinner to be more emotional.

Sgt. Chris Downey is this year's guest speaker. He was part of

another IED," Capt. Moorhouse noted. "His best friend was killed and he survived with numerous injuries, taking months to recover. He ended up being permanently blind in his right eye and has a lot of issues with his body."

During his recovery, Sgt. Downey worked with Soldier On and he eventually teamed up with them.

In 2013, Sgt. Downey was one of two Canadians who took part in the Trek to the Antarctic with Prince Harry, Capt. Moorhouse stated. "He'll be here to talk about his recovery and what it's like to spend a month with Prince Harry."

"He and his partner had just defused an IED and they were on their way back to the lab when they were blown up by

"To him, the Queen is just Grandma," Capt. Moorhouse chuckled.

Another special guest that evening will be country singer/songwriter Francine Leclair of Tweed, who wrote a song called "I Soldier On." Ironically, that song was written about Sgt.

Downey and proceeds from every album sold goes to Soldier On.

"But she's never actually met Sgt. Downey in person," Capt. Moorhouse said. "She is coming to the dinner to sing the anthem and her song and she is thrilled because she is finally going to get to meet him."

So while this event is likely to tug strongly at your heart-strings, don't expect it all to be sad by any stretch of the imagination. Emcee for the dinner will again be comedian Dave Hemstad, and if you shed tears when he is on deck, it will be from laughter, not sadness.

Tickets for the dinner are \$60 but you are guaranteed great food, door prizes, a live auction and lots of emotion and entertainment. You will not want to leave this purchase to the last minute.

For more information and registration details, visit www.hockeyfortroops.com

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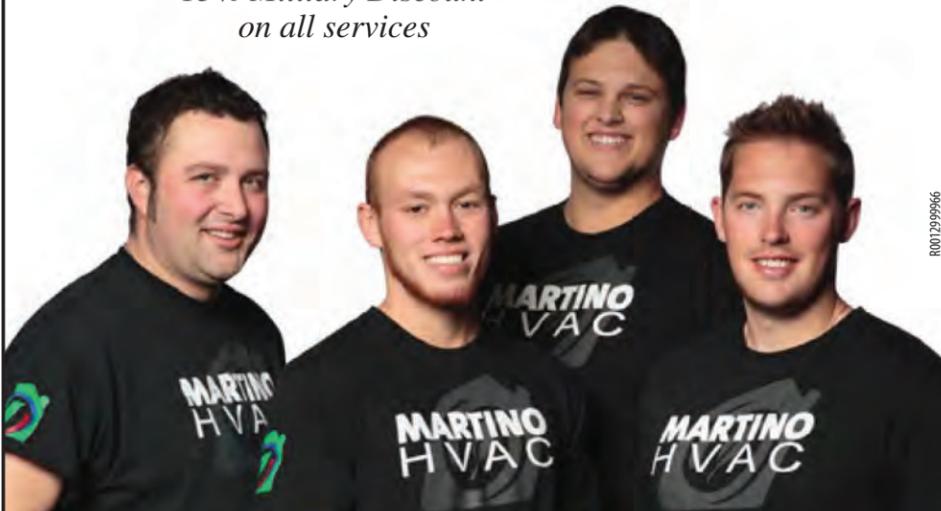
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The Governor General of Canada, His Excellency the Right Honourable David Johnston and General Tom Lawson met with the Canadian Forces participants of the Trek to the Antarctic, Cpl. Alexandre Beaudin-D'Anjou (left) and MCpl. Chris Downey (right) prior to the announcement. Photo by Sgt. Ronald Duchesne

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CAF Men's Basketball Team Competes at SHAPE International Basketball Tournament



The Canadian Armed Forces Basketball team, which competed at the Supreme Headquarters Allied Powers Europe (SHAPE) International Basketball Tournament in Mons, Belgium from 1-6 December, 2014. The team finished the tournament in seventh place with a record of 2-2.

By Capt. Adam Asquini – 3 Cdn Div HQ

The Canadian Armed Forces (CAF) men's basketball team recently competed at the Supreme Headquarters Allied Powers Europe (SHAPE) International Basketball Tournament (IBT) in Mons, Belgium from 24 November to 6 December, 2014.

The team, consisting of 12 players, came together from various bases and wings across the country to represent the CAF extremely well both on and off the court. Despite having only practised together for four days prior to the tournament, the team exceeded all expectations and finished in 7th place with a 2-2 record.

"This had to be one of the better CAF men's basketball teams I have had the pleasure to coach," according to Head Coach, Mr. George Mooney. "A well rounded mix of experienced players that have played at the international level before and three new players to the program that provided fresh

blood. In all, a balanced team with an outstanding positive attitude, that gave their utmost effort in all games and the potential to be better for their next international competition. I would also add my sincere thanks to our team captains, Captain Adam Asquini and Master Corporal Steven Bilodeau for their leadership on and off the court."

Although the team performed exceptionally well on the court, the trip to Belgium was not all about basketball. A one day break in the tournament schedule provided the players with the opportunity to visit Vimy Ridge, Ypres, Essex Farm Cemetery and the Langemark German Military Cemetery. This was a fantastic opportunity for the players to broaden their understanding of not only Canadian history but also the history of the CAF.

For many of the players it was their first time visiting these his-

torical sites and the experience was both educational and awe inspiring.

"The trip to Vimy Ridge and the Essex Farm Cemetery, where 'In Flanders Fields' was written, was one of the best experiences I had during my trip to Belgium with the men's basketball team," says Lt. Isabelle Thibault, a physiotherapist from CFB Gagetown. "As a member of a medical trade, I could actually feel the tension, the overwhelming injuries and the stress of trying to care for the soldiers on the battlefield. It was almost like I could put myself into Lt.-Col. McCrae's head. It was amaz-

ing. I will remember this all my life".

In addition to the battlefield tours Team Canada was also fortunate enough to visit the Canadian school located on the SHAPE Base. During this visit players interacted with staff and students answering questions about basketball and about what it's like to be so tall. The students, aged five to 13, appreciated meeting these 'much larger' Canadians and the team enjoyed imparting a few basketball tips to the students during a friendly

game of bump on the playground basketball court.

During the tournament, the team was joined by the CAF Basketball Patron, Brigadier-General (BGen) Paul Rutherford.

"The team's level of physical fitness, determination, teamwork and skill was truly impressive and embodies the values of what we look for in Canadian Armed Forces members," said BGen. Rutherford after watching the team's final two games against the United Kingdom and Belgium. "I am looking forward to continuing my relationship with this team and supporting them in future international competitions."

The tournament ended on a high note for Team Canada when during the closing ceremony the team was presented with the Fair Play Award. This award is voted on by all participating teams and is

presented to the team that best represents hard work, sportsmanship and comraderie. In addition to the team award, Lieutenant Isabelle Thibault was presented with a Supreme Allied Commander Europe (SACEUR) Commander's Coin for her outstanding skill and dedication throughout the tournament. Lt. Thibault not only performed as the Physiotherapist for Team Canada, she also provided support to the tournament referees and to the players whose nations did not have a physiotherapist.

Now that the tournament has finished, the members of the CAF Men's Basketball Team have returned to their home units and have already started preparing for the team's next event. Over the next few months members of the team will hone their individual skills and improve their fitness

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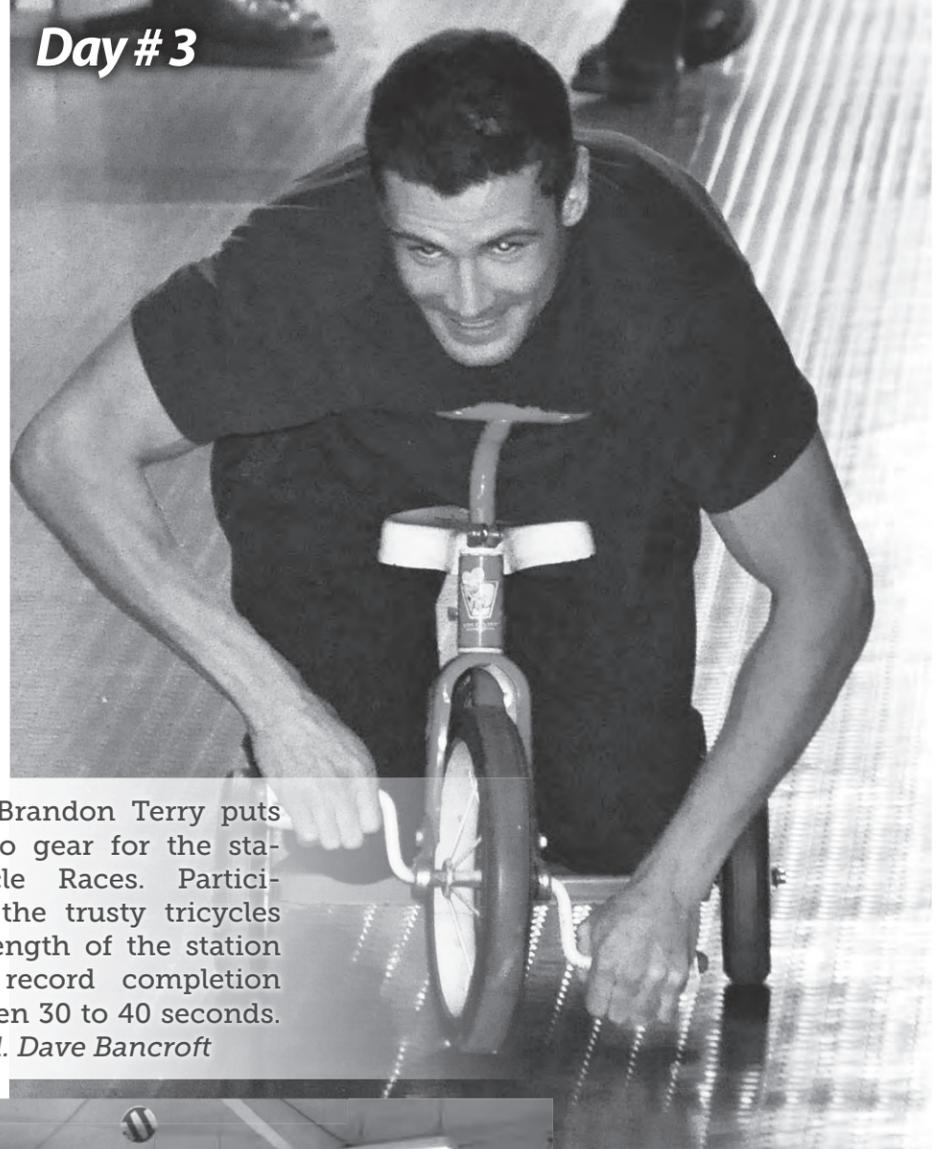
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12 Days of Christmas in CFS Alert



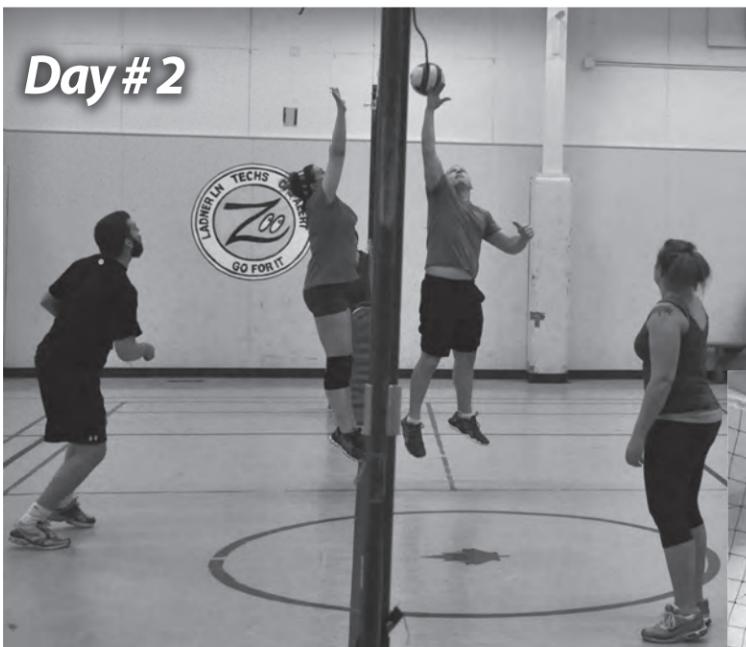
Day #1

(above) Members of CFS Alert station get into the holiday spirit by donning their ugliest Christmas sweaters. The tacky Christmas sweater competition was the first of 12 days of Christmas events for all station personnel to participate in. From left to right: LS. Brendan Dooley, Cpl. Matt Macdonald, PO2. Shane Smith, Pte. Erica Thomson, Leanne Cormier of Environment Canada, MCpl. Nickolas Rivest-Muir, Cpl. Nancy Hill, Cpl. Dave Bancroft, Jane Fonger of Environment Canada and Jamila Gordon of Nasittuq. *Photo by Cpl. Dave Bancroft*



Day #3

(right) Cpl. Brandon Terry puts his bike into gear for the station Tricycle Races. Participants rode the trusty tricycles the entire length of the station halls with record completion times between 30 to 40 seconds. *Photo by Cpl. Dave Bancroft*



Day #2

(above) Competition levels and energy were sky high for the CFS Alert Volleyball and Dodgeball tournaments. Participants of all skill levels came out to compete for first place in both of the tournaments taking place over the weekend. From left to right: MCpl. Rodney Osmond, WO. Hollie Butticci, Sgt. Darryl Dixon and Cpl. Nancy Hill. *Photo by Cpl. Derek Bristol*



Day #2

(left) Intensity and skill levels peaked as teams competed for the coveted first place title for the CFS Alert Volleyball tournament. From left to right: Cpl. Derek Bristol, Cpl. Brandon Terry, Lt. Katie Osborne, Thomas Williamson of Nasittuq, Cpl. Derek Franzen and Cpl. Dave Gregory. *Photo by Cpl. Dave Bancroft*

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The Contact Newspaper

The CONTACT is an unofficial publication of 8 Wing/CFB Trenton. The CONTACT is a weekly military newspaper that provides accurate and timely coverage of issues and events affecting Canada's largest and busiest air base – 8 Wing/CFB Trenton.

We are the primary internal and external communications tool for 8 Wing/CFB Trenton and began publishing in November, 1940. We strive to build awareness, morale and 'esprit de corps' among both the military and civilian communities. It is our privilege to showcase the efforts of the men and women of the Canadian Armed Forces at work.

The CONTACT is published every Friday with the kind permission of Colonel David Lowthian, MSM., CD, Commander, 8 Wing/CFB Trenton. The Publisher reserves the right to edit copy and reject advertising to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CAF or other agencies.

Where typographical errors are discovered in advertisements (including classifieds) that result in goods not being sold, this newspaper is only liable to refund the money charged for the advertising space.

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The CONTACT produces news and information about 8 Wing/CFB Trenton at home and around the world. We depend on our military community for articles, personal stories and photos.

- Articles should be typed in upper and lower case (not all caps) and in plain black text. Acronyms should be spelled out on first reference, then abbreviated when referred to thereafter.
- Do not include clip art, graphics or photos within typed pages. Additional graphics, logos and photos must be sent as separate files.

- Articles may be mailed, e-mailed (cfbcontactnewspaper@gmail.com) or delivered in person and must include the author's full name, rank, (if applicable) unit and phone number.
- Whenever possible, photos should be included with your article and should contain the name of the person who took the photo and an appropriate caption to go with it. Photos should be saved in a jpeg format at a high resolution for quality reproduction.
- Articles must be received by Monday at noon prior to print date.

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The CONTACT newspaper is a Personnel Support Programs (PSP) entity. Our newspaper relies almost solely on revenues generated through advertising and sponsorships.



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12 Days of Christmas in CFS Alert continued

Continued from page 4



Day #4
Camera's flash and laughter is unanimous among station personnel as members reenact a Star Trek moment to reflect their float for the Christmas Parade. From left to right: LS. Brendan Dooley, Cpl. Graeme Fotheringham and Cpl. Ryan Walsh. Photo by Cpl. Dave Bancroft



Day #5
Braving the bitter cold, Cpl. Brandon Terry and Cpl. Derek Franzen take a moment to compose themselves before heading down the slopes in their homemade fire truck to-boggan. Photo by Cpl. Dave Bancroft



Day #7
The CFS Alert family gathered around the dinner table to enjoy a home cooked Christmas meal. The dinner began with the Padre's blessing and ended with bellies filled with home cooked turkey, tourtiere and all of the fixings. From left to right: Cpl. Gabriel Martel, Pte. Phillip Haggerty, Pte. Sebastien Fiset, Cpl. Dave Gregory, and Cpl. Daniel Sommerfeld. Photo by Cpl. Dave Bancroft



Angela Lentz and Jamila Gordon of Nasittuq glide down the station hallway as one of the many floats entered into the CFS Alert Santa Clause Parade and Float Competition. Photo by Cpl. Dave Bancroft



Day #6
Thomas Williamson of Nasittuq cannot contain his excitement as he tears open his mystery Christmas present while seated on the lap of jolly old St. Nick (MCpl. Nickolas Rivest-Muir). Photo by Cpl. Dave Bancroft



Day #8
This team is all smiles after taking first place in the CFS Alert ball hockey tournament, which consisted of five teams competing in multiple fast-paced games over a period of two days. From left to right: Thomas Williamson of Nasittuq, MCpl. Rodney Osmond, Jane Fonger of Environment Canada, Alan Mott of Nasittuq and Cpl. Dave Bancroft. Photo by Cpl. Derek Bristol

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Health Promotion Course Calendar

HEALTH MIND & BODY

Mental Fitness Mondays

Dates: Every Monday

Timings: 12 noon until 12:50 p.m.

Info: SS Gym

Mental Fitness and Suicide Awareness - Sup Trg

Designed specifically for CF personnel in leadership positions, Mental Fitness and Suicide Awareness is aimed at assisting in the understanding and maintenance of mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational

effectiveness.

Dates: Jan. 21

Timings: 8:30 a.m. to 4 p.m.

Info: Mite Coded

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The CF Managing Angry Moments (MAM) workshop is designed to increase personal performance by assisting participants to deal with anger generating situations in an emotionally non-reactive way.

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- enhanced team cohesion
- more effective problem solving skills
- reduced levels of stress and anxiety when faced with anger generating events and circumstances

Dates: Jan. 29

Timings: 8:30 a.m. to 4 p.m.

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management concepts as well as strategies that may help when facing difficult situations or conversations with family and friends. Through experience learning, exercises and coaching, participants will learn skills in conflict management, effective communication, and how to nurture collaboration, both at

home and in the community.

Dates: Feb. 3 to 24

Timings: 1 p.m. to 3:30 p.m.

(Tuesdays)

Here's how to register:

Online at: <http://healthpromotion.cfbtrenton.com> / 613-392-2811 ext 3768 / 177 Hercules St. Bldg 119



National Addictions Awareness Campaign (NAAC) Winners

November featured the National Addictions Awareness Campaign from Nov. 12-26. Members were able to enter a contest for a chance at one of two prize packages. Each package included an: OBUSFORM Comfort Support System Backpack, Low Risk Drinking Guidelines cup, Addictions information and swag from the Health Promotion team!

The slogan "Wasted Time? It's Your Choice" was well received. The Health Promotion team was out promoting the

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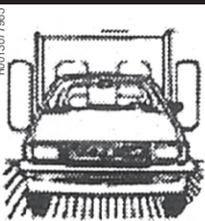
The two winners were happy to receive their prizes: MWO. Grant Lewis from WSUPPLY and MCpl. Jason Baird from 424 SQN.

Health Promotion 8 Wing/CFB Trenton would like to thank everyone for their participation with the campaign and hope to see everyone continue their community outreach throughout the New Year.



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Health Promotion Winter 2015 Course Calendar

Mental Fitness Mondays

Dates: Every Monday

Timings: 12 p.m. to 1250 p.m. **Info:** SS Gym

Weight Wellness Lifestyle Program

Dates: Jan. 15 to March 5 (Thursdays)

Timings: 6:30 p.m. to 8:30 p.m.

Jan. 23 to March 13 (Fridays)

Timings: 8:30 a.m. to 10:30 a.m.

Mental Fitness and Suicide Awareness—Sup Trg

Dates: Jan. 21

Timings: 8:30 a.m. to 4 p.m. **Info:** Mite Coded

Managing Angry Moments

Dates: Jan. 29 **Timings:** 8:30 a.m. to 4 p.m.

Inter-COMM

Dates: Feb. 3 to 24 **Timings:** 1 p.m. to 3:30 p.m. (Tuesdays)

Stress: Take Charge!

Dates: March 4 **Timings:** 8:30 a.m. to 4 p.m.

Alcohol, other Drugs & Gambling Awareness—Sup Trg

Dates: March 26-27

Timings: 8:30 a.m. to 4 p.m. and 8:30 a.m. to 12 noon- (1.5 days) **Info:** Mite Coded

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CFB Trenton Pond Hockey Classic looks to grow again in 2015

Continued from page 1

reciprocal relationship that goes back and forth plus it's hockey. You're hard pressed to find a military person who doesn't enjoy hockey."

In the previous three years of its existence, the CFB Trenton Pond Hockey Classic has grown existentially. In its first year in 2012, the tournament featured one rink, 11 military and one civilian team which raised \$6,200. That original tournament grew from a 436 Squadron sports day designed to raise funds for the Military Families Fund.

The first growth spurt occurred in 2013, when the rinks were doubled to two and 14 military and four civilian teams

took part and raised \$26,000. The Roots of Hockey Dinner held that year featured Toronto Maple Leaf legend Ron Ellis as guest speaker and attracted 150 people.

Last year, in only its third year, the Pond Hockey Classic in 2014 featured three rinks, 12 military and 16 civilian teams, 180 people came out to the Roots of Hockey Dinner to hear famous hockey father Walter Gretzky speak and a total of \$30,000 was raised.

Forged on the Batawa Lions Community Rinks in Batawa, this year's 24 teams consist of only six military teams at the moment, Capt. Moorhouse indicated.

"That's the biggest change I've seen," he said. "In year one, it was virtually all military teams. By year two, we had four civilian teams and by year three that had grown to a 16 civilian teams. The tournament has always traditionally been on a week day but we've moved it to a weekend because it's easier for a civilian team obviously on a Saturday and Sunday and if we want it to be a true volunteer experience for us (military), everything is being done on our personal time."

But growth of the tournament also came about with growth in sponsorship, according to Capt. Moorhouse, especially when Scotiabank and ScotiaMcLeod

came on board.

"Scotiabank and ScotiaMcLeod have been great," he said. "They really allowed us to grow. Their sponsorship helps substantially."

This truly has become a reciprocal event, as many local businesses pitch in where they can by donating materials or products which help decrease costs for the organizing committee. Pilot concepts designed the tournament log and the NHL-calibre hockey jerseys that were sold last year and are being sold again this year to raise funds to be split equally between Soldier On and the Trenton Memorial Hospital Foundation. Only 40 jerseys will be available this

year, selling at \$90 per jersey.

As popular as this unique military tournament has become, people are advised to register their teams early and buy their tickets for the Roots of Hockey Dinner featuring guest speaker Sgt. Chris Downey, a soldier wounded in Afghanistan in 2010 and one of two Canadians who participated in the Trek to the Antarctic with Prince Harry in 2013. Country singer Francine Leclair of Tweed will be performing "I Soldier On" at the dinner and comedian Dave Hemstad will once again be the emcee for the event.

For more information and registration details, visit www.hockeyfortroops.com



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Cheque for \$16,812.55 donated to camp for disadvantaged children and children of military families



Garth Cochrane, business Manager of UA Local 401 of the Plumbers and Steamfitters Union, presents a cheque of \$16,812.55 to Mark Freeman, whose son was killed in Afghanistan in 2008. The pair are surrounded by union, Camp Maple Leaf and military personnel, including Lt.-Col. Marie-Claude Gaumond, Commanding Officer of ATESS, third from right. Photo by Ross Lees

Continued from page 1

Business Manager Garth Cochrane. "It really is UA's pleasure to be able to help out in whatever way we can," Mr. Cochrane said at the presentation at the National Air Force Museum of Canada at CFB Trenton. "It's just our way to say thanks for all you folks do and have done for us and it's appreciated. We're there to help and we'll be

there to help in the future, too." The union and its personnel are currently working on the construction of Hangar 6 just north of Highway 2 on the base and they have also worked on the aircraft arrestor project on the base. Accepting the cheque on behalf of Camp Maple Leaf from Mr. Cochrane was Mark Freeman, who is a constant supporter and worker at Camp Maple

Leaf. Mr. Freeman lost his son in Afghanistan in 2008. "Mark has helped make Camp Maple Leaf an incredible place for the kids," Mrs. Keith stated, and the assistance from UA Local 401 and CFB Trenton's military members helps the camp tremendously.

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RCAF delegation onboard the Challenger in Lithuania



Major-General David Wheeler, Commander of 1 Canadian Air Division, together with a delegation from the Royal Canadian Air Force including 8 Wing Trenton's Colonel David Lowthian and Chief Warrant Officer Darcy Elder, pose for a photo before flight onboard a CC-144 Challenger on Dec. 31, 2014 in Siauliai, Lithuania after visiting Operation REASSURANCE's Air Task Force Lithuania.

Photo by Cpl. Gabrielle DesRochers, ATF Lithuania Image Tech

2 MP Squadron's Honorary Colonel visits ATF Lithuania

Honorary Colonel Kevin Weaver, 2 MP Squadron's Honorary Colonel, stands in front of a CF-188 Hornet with 8 Wing members - Major John Coffin, Air Task Force Lithuania (ATF) Chief of Staff, and Captain Christopher Daniel, ATF Public Affairs Officer - during HCol. Weaver's visit to Siauliai, Lithuania on Dec. 22 to 23, 2014. More than 15 personnel from 8 Wing Trenton are deployed at Operational REASSURANCE in support of NATO Baltic Air Policing Block 36.



Photo by Cpl. Gabrielle DesRochers, ATF Lithuania Image Tech

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MFRC Day at Batawa Ski Hill

Sunday, Jan. 18. Only \$35, includes; lift ticket, rental equipment and one hour beginner lesson, plus a free BBQ with your voucher! Get your vouchers at the MFRC reception. This makes a great for Christmas gift!

Journée CRFM à Batawa Ski Hill

Le dimanche 18 janvier. Seulement 35\$, ce qui inclut; le remonte-pente, la location d'équipement et une heure de leçon de débutant. De plus, avec votre coupon, du barbecue gratuit! Achetez vos coupons à la réception du CRFM. Fantastique idée pour un cadeau de Noël!

Passes for the Toronto Science Centre

We have received new community passes for the Science Centre. With these passes, adults pay only two dollars for their admission and children, youth and seniors get free entrance. Please come the MFRC reception to pick them up.

Laissez-passer pour le Centre de science de Toronto

Nous avons reçu de nouveaux laissez-passer pour le Centre de science (Science Centre). Avec ces laissez-passer, les adultes paient seulement deux dollars pour l'admission et les enfants, les jeunes et les personnes âgées entrent gratuitement. Ces laissez-passer vous sont offerts à la réception du CRFM.

"What about me"

Is a deployment support group for children ages five to 12 that runs every Wednesday night. This program offers support to children who are or who will be experiencing separation from a loved one due to the military lifestyle providing them with fun hands on activities to develop coping skills. It is not mandatory for children to attend every session but they must pre-register by calling Kelly the week of by 12 p.m. on Monday at 613-392-2811 ext. 4527.

Et moi alors (What About Me)- Mercredi de 18h00 à 19:30 (de 5 à 12 ans).

Ce programme offre un appui aux enfants qui vivent ou vivront une séparation avec un être cher dû au mode de vie militaire. Il n'est pas obligatoire d'assister à chaque rencontre mais vous devez inscrire votre enfant. Pour inscription et information pour ce programme contactez Kelly: kbriggs@cogeco.net ou le poste 4527

Monthly Afternoon Chatter

Social gathering, let's meet and munch, Sunday, Jan. 11, at Montana's Cookhouse, 170 Bell Blvd., Belleville from 1 p.m. to 4 p.m. Everyone is welcome! Derived from the Facebook Group 'CFB Trenton Spouses', Joanne and Susan decided to bring the members of this group out of cyberspace and do some "Meet and Mingle". Information and RSVP by Jan. 9 with Susan by text or call at 343-263-3388.

'Jasette de l'après-midi' Rencontre sociale mensuelle

Socialisez et bouffez, le dimanche 11 janvier 2015 a Montana's Cookhouse, 170 Bell Blvd., Belleville de 13h à 16h. Vous êtes tous invités à vous joindre au groupe. Cette initiative a pris naissance avec le groupe Facebook 'CFB Trenton Spouses', Joanne and Susan ont pris en main de créer des activités pour que les gens sortent et se rencontrent. Pour plus d'information et RSVP, téléphoner ou texter Susan au 343-263-3388 par le 9 janvier.

Belly Dancing with Amara

When: Monday evenings beginning Monday, Jan. 12. Time: 7 p.m. to 8:30 p.m. Where: Trenton MFRC Cost: \$55 includes eight classes. Come enjoy a fun evening of dancing and laughing, learning techniques, drill, veils and zills! Perfect for any ladies wanting to try something new or for the already experienced belly dancer! Did you know? Belly dancing tones muscles, increases strength and coordination, brings vitality, relieves stress, boosts self-esteem and is empowering!

For more information or to register please call 613-965-3575 or email AmyL1@cogeco.net

Baladi avec Amara

Quand: les lundis en soirée débutant le 12 janvier. Heure : de 19h à 20h30. Où : CRFM de Trenton. Coût : 55,00\$ pour 8 classes. Venez apprendre à danser tout en vous amusant, exercices, voiles et zills! Parfait pour les dames qui veulent essayer quelque chose de nouveau et pour les expérimentées en baladi! Savez-vous que? Le baladi donne du tonus aux muscles, accroît la force et la coordination, apporte de la vitalité, réduit le stress, augmente la confiance en soi et la stimulation! Pour plus d'information ou pour vous inscrire, contacter le 613-965-3575 ou AmyL1@cogeco.net

Dance with France

Ballroom Dancing. Dates: Wednesdays starting Jan 21 to April 15. Times: Beginners 6 p.m. to 7:15 p.m. Cost: \$112.50 per couple/10 class session. Intermediate 7:30 p.m. to 9 p.m. Cost: \$125 per couple/10 class session. To

Continued on page 12

Home of the Week
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The exterior finishes on this three-bedroom family home, designed especially for a narrow lot, lend it an arts-and-craft charm that will make it an asset to any neighbourhood. Entry is at the side of the home, via a covered porch and into the foyer. The great room complex is directly ahead, past a coat closet on the left and the staircase to the second floor on the right. A doorway to the double garage is also to the right. A gas fireplace in the great room is located so it will send it warmth into the dining area and kitchen. The dining room, which flows into the great room, enjoys access through sliding doors to a deck and the back garden beyond. The kitchen 's U-shaped counter configuration spells efficiency for the cook, and natural light will come in the window near the double sink. Access to the laundry room is through the kitchen. Nearby is a den that could double as a guest room.

Outside the den is a storage closet for cleaning materials, and across from it is a two-piece powder room. Upstairs, the master bedroom occupies the back of the home for privacy, and includes a niche with a built-in desk. The large en-suite includes an oval soaker tub for a touch of luxury, as well as a shower stall. A walk-in closet completes the layout. The two secondary bedrooms share a three-piece bathroom. Bedroom No. 3 occupies a bayed-out space with dormer windows overlooking the front garden. A handy desk is located on the landing, near the linen closet. On the exterior, horizontal siding and decorate wood-work enliven the facade, together with wood pilasters and painted woodwork around the partly-mullioned windows. This home measures 25 feet wide by 50 feet deep, for a total of 1,753 square feet. Ceilings rise to nine feet throughout the main floor.

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Welcome to The Contact newspaper's Community Events page! Thanks to the generosity of Smylie's Independent Grocer, we can, space permitting, feature public service announcements, community events and help promote non-profit and charitable organizations in the Quinte area. The Contact is always interested in what is going on in and around CFB Trenton. Please send your coming events (from blood donor clinics to tea parties) to us at cfbcontactnewspaper@gmail.com. Please include the date, time, and location of the event along with a brief description. Please do not send posters.

Jan. 10 – NLCC Trentonian Electronic Waste Collection Fundraiser

The Navy League Cadet Corps (NLCC) Trentonian electronic waste collection. Fundraiser will take place from 10 a.m. to 4 p.m. at the corner of Dundas and 2nd Dug Hill Road in the Trenton Wal Mart parking lot. This fundraiser will allow the NLCC Trentonian (Navy League Cadets who are nine-12 years old) to purchase uniforms, pay for camps and courses with the money raised. List of acceptable items includes: Amplifiers, audio and video players and recorders, cameras, cell phones, computers (desktop and laptop) and peripherals, copiers, digital cameras, fax machines, monitors, pagers and PDAs, printers, radios, receivers, scanners, speakers, telephones and answering machines, tuners, turntables, televisions, video projectors. If you cannot bring the items, we will pick them up on or before Jan. 10. Call 613-392-0788 and leave a message telling us what the items are, address and phone number. We will call back to confirm and you can just leave it at the end of your driveway with this flyer on top of it.

Jan. 12 - 8 Wing/CFB Trenton 2015 Badminton play downs start

CFB North Bay will be hosting the Ontario Region Badminton Championship from March 6 to 9. Playdowns will be held at the gymnasium from Monday, Jan. 12 to Jan. 30, 2015. Registered players will play a round robin draw. Players will get a list of all registered players and play competitors on their own time. The base team plays every noon hour on Monday and Wednesday nights from 7 p.m. until 10 p.m. Competition is open to all CF, Class B and C Reserves members. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca no later than Jan. 10, 2015.

Jan. 12 - 8 Wing/CFB Trenton 2015 Squash play downs begin

CFB North Bay will be hosting the Ontario Region Squash Championship from March 6 to 9, 2015. Play downs will be held at South Side Squash Courts from Monday, Jan. 12 to Jan. 30. Registered players will play a round robin draw. Players will get a list of all registered players and play competi-

tors on their own time. Competition is open to all CF, Class B and C Reserves members. For registration or information, contact the Sports and Recreation Coordinator Cormier DG@CFB Trenton PSP@Trenton or DANIEL.CORMIER@forces.gc.ca no later than Jan. 10, 2015.

Jan. 14 – 8 Wing Officers' Mess Ladies Club Bunco Night

The 8 Wing Officers' Mess Ladies Club is holding a Bunco game at 6:30 p.m. at the Mess. Members get in free, members' invited guests \$15. Refreshments and prizes are available. For more information chambersj@live.ca

Jan. 16 – Blood Donor Clinic

The next blood donor clinic takes place Jan. 16 at CFB Trenton RecPlex, 21 Namoo Drive, from 10 a.m. to 2 p.m. All regular and new blood donors are encouraged to come out and help replenish depleted blood supplies.

Jan. 17 - Quinte Branch of Ontario Genealogical Society Crouse-Wannamaker Lecture

Will feature Bill Hunt discussing his book "Dancing in the Sky" on the Royal Flying Corps training program in Canada during World War I. Takes place at the Quinte West Public Library, 7 Creswell Drive, Trenton from 1 p.m. to 3 p.m. Everyone is welcome, and bring a friend. For more information visit www.rootsweb.ancestry.com/~canqbogs/

Be an Air Cadet

Want to be an Air Cadet. Youths between the age of 12 and 18 are encouraged to join one of the premier youth programs in Canada. Today, in Ontario, there are more than 8,000 girls and boys involved in all levels of Air Cadets. Air Cadets appreciate many of the experiences and skills they garner during their career: Learning new skills, becoming a leader of others, helping their community, and learning self-discipline are some of the hallmark results that help to develop our leaders of tomorrow. If you are interested in joining the Air Cadets, 173 Squadron "Royal Tigers" is interested in you. They parade on Wednesdays from 6 p.m. to 9 p.m. at the Trenton High School. For more information, phone 613-966-3723 or visit Air Cadets at www.aircadetleague.on.ca or visit them on facebook.

Continued from page 11

MFRC continued

register or for more information please contact the MFRC reception at 613-965-3575. Payment will be accepted via cash or cheque at the first class; please arrive 15 minutes early. To avoid cancellations of classes, early registration is required.

Dansez avec France

Danses sociales. Dates: les mercredis du 21 janvier au 15 avril. Heures: Débutants, de 18h à 19h15. Coût: 112,50\$ par couple/ session de 10 classes. Intermédiaires, de 19h30 à 21h. Coût: 125,00 par couple/session de 10 classes. Poue vous inscrire ou de l'information, téléphonez à la réception du CRFM au 613-965-3575. Les paiements acceptés sont argent comptant ou chèque au premier cours ; svp arrivez 15 minutes à l'avance. Pour éviter la cancellation des classes, inscrivez-vous tôt.

Monthly Mindfulness Group

"Mindfulness is 'paying attention, on purpose, in the present moment, and without judgment.' (Kabat-Zinn, 1990)" Open to those (military community and general public) who are interested in developing their mindfulness practices as a way to reduce stress and anxiety, increase awareness of thoughts, emotions and behaviours, and improve choice when responding to difficult situations. Jan. 28, Feb. 25, and March 25 from 12 p.m. to 1p.m. or 1 p.m. to 2p.m. (Please register one week prior to workshop). Information and registration: Ashlee Allen Trenton MFRC 613-392-2811 ext. 5541 or aallen3@cogeco.net

Groupe Mensuel de Pleine Conscience

« Pleine conscience signifie : Porter intentionnellement attention aux expériences internes (sensations, émotions, pensées, états d'esprit) ou externes du moment présent, sans porter de jugement de valeur. (Kabat-Zinn, 1990) Offert à ceux (communauté militaire et grand public) qui sont intéressés à développer leur pleine conscience pour réduire le stress et l'anxiété, accroître la sensibilisation aux pensées, aux émotions et aux comportements, pour aider à faire face aux situations difficiles. Le dernier mercredi du mois de midi à 13h00 ou de 13h00 à 14h00, le 28 janvier, le 25 février, le 25 mars. S'inscrire au moins une semaine avant l'atelier. Pour information ou pour vous inscrire: Ashlee Allen CRFM de Trenton 613-392-2811 poste 5541 ou aallen3@cogeco.net

ASD support group

For caregivers of a person on the Autism Spectrum. Next meeting is on Jan. 15 from 6 p.m. to 7:30 p.m. Childcare is available. Contact Kelly Briggs 613-392-2811 ext. 4527.

Trouble du spectre Autistique (TSA)

Groupe de soutien pour les aidants naturels d'une personne atteinte du spectre de l'Autisme. Prochaine rencontre le 15 janvier, de 18h00 à 19h30. Contactez Kelly Briggs 613-392-2811 poste 4527.

Puzzle Project

Begins Jan. 20 and runs for eight weeks from 5:30 p.m. to 7:30 p.m. (children ages eight to 12). Support group for siblings of a child with Autism Spectrum Disorder. This is to provide a fun and supportive environment for siblings to share the joys and struggles of being a sibling of an individual on the spectrum. This is done through discussion, activities, games (designed to be unique, upbeat and appealing to a wide ability range, craft activities, and special guests who may teach participants new skills. Register by calling Kelly Briggs at 613 392 2811 ext. 7917.



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Red Cross Swim Lesson for Children – Winter 2015

Registration for Military Community and General Public online and in-person starts from 1:30 p.m. at the RecPlex Reception

NEW

All inclusive memberships that will include use of the facility as well as access to certain programs. One fee = all access. For one year memberships there is an option to make preauthorized payments.

Aquatics

Morning Aquafit - Mondays, Wednesdays, Fridays from Jan. 5 to March 27 (35 classes), from 8:30 a.m. to 9:20 a.m.

Senior Lane Swim - Mondays, Wednesdays, Fridays from Jan. 5 to March 27 (35 swims), from 7:30 a.m. to 8:20 a.m. or 8:30 a.m. to 9:20 a.m.

Evening Aquafit/Jogging - Tuesday, Jan. 6 to Feb. 24 (eight classes), from 6:15 p.m. to 7:05 p.m.

Fitness Programs

*Boot Camp Fitness (45 minutes) - Mondays from Jan. 12 to March 23 from 4:30 p.m. to 5:15 p.m. at the South Side Gym.

*TRX (45 minutes) - Mondays, Jan. 12 to March 23 from 5:30 p.m. to 6:15 p.m.

*Kickboxing (60 minutes) - Mondays, Jan. 12 to March 23 from 6:30 p.m. to 7:30 p.m. at the South Side Gym.

*Yoga - Tuesdays from Jan. 12 to March 17 from 4:30 p.m. to 5:30 p.m.

*Spin-Fusion - Tuesdays from Jan. 13 to March 17 from 5:40 p.m. to 6:40 p.m. at the South Side Gym.

Tai Chi - Tuesdays from Jan. 13 to March from 5:35 p.m. to 6:35 p.m. at the RecPlex Gym.

Spin Class - Wednesdays from Jan. 14 to March 18 from 5:40 p.m. to 6:40 p.m.

CrossFit - Wednesdays from Jan. 14 to March 18 from 6:50 p.m. to 7:50 p.m.

*Pilates/Core Fitness - Wednesdays from Jan. 14 to March 18 from 4:30 p.m. to 5:30 p.m. at the South Side Gym.

TRX - Thursdays from Jan. 15 to March 19 from 4:30 p.m. to 5:30 p.m.

High Intensity Interval Training - Thursdays from Jan. 13 to March 19 from 5:40 p.m. to 6:40 p.m.

Butt, Abs and Thighs - Thursday from Jan. 15 to March 19 from 6:50 p.m. to 7:50 p.m.

Noon Hour - Monday - Spin/Bosu; Tuesdays - Strength Conditioning; Wednesdays - Spin; Thursdays - Yoga; Fridays - Suspension Training/Spin.

Intro to Squash - Wednesdays from Jan. 14 to March 18 from 6:45 p.m. to 7:45 p.m.

Pickup Squash games - Fridays from Jan. 16 to March 20 from 7 a.m. to 8 p.m.

Advanced Aquatics

Youth Aquatic Club - Monday, Wednesday, Friday from Jan. 5 to March 27 from 4:45 p.m. to 6 p.m.

Child, Youth and Teens Programs

Learn to Skate for youngsters ages four to seven years of age - Fridays TBA
Skills and Drills - Mondays from Jan. 12 to May 1 from 5 p.m. to 6 p.m.

Shinny Hockey - Starts Friday, Jan. 12 to May 1. Tyke/Novice - Fridays from 6 p.m. to 7 p.m.; Atom - Mondays from 4 p.m. to 5 p.m.; PeeWee - Tuesdays from 4:30 p.m. to 5:30 p.m.; Bantam/Midget - Wednesdays from 4 p.m. to 5 p.m.; Adult (18 years and up) TBA.

Family Skate - Saturday and Sunday, Jan. 17 to May 2 from 1 p.m. to 3 p.m. at RCAF Flyers Arena.

Mix it up Sports - Wednesdays, Jan. 14 to March 18 from 5 p.m. to 6 p.m.

Drop-in Youth Basketball - Mondays, Jan. 12 to March 23 from 7 p.m. to 8 p.m.

Basketball for Kids - Monday, Jan. 12 to March 23 for children from six to eight years of age from 5 p.m. to 6 p.m. and nine to 12 years of age from 6 p.m. to 7 p.m.

Drop-in Youth Badminton - Thursdays, Jan. 15 to March 19 from 7 p.m. to 8 p.m.

Badminton for Kids - Thursdays, Jan. 15 to March 19 for children from six to eight years from 5 p.m. to 6 p.m. and from nine years to 12 years from 6 p.m. to 7 p.m.

Artistic Hour - Tuesdays, Jan. 13 to March 17 for children from six to eight years from 5:15 p.m. to 6:15 p.m. and nine to 12 years from 6:15 p.m. to 7:15 p.m.

Tyke Terrain - Tuesdays and Thursdays from Jan. 13 to March 19 from 9 a.m. to 11 a.m.

March Break Full day Hockey Camp - Mondays, from March 16 to Friday, March 20 from 8 a.m. to 4 p.m.

March Break Family Skate - Mondays, March 16 to Friday March 20 from 6 p.m. to 8 p.m.

March Break Shinny Hockey - Mondays, March 16 to Friday, March 20, Tyke/Novice from 4 p.m. to 5 p.m.; Bantam/Midget from 5 p.m. to 6 p.m.

Speciality Events for Youth and Families

PA Day Program from 8 a.m. to 4 p.m. Jan. 30; March 13; May 22; June 5 and June 26 at the RecPlex

Hawaiian Party - Family Event - Friday, Jan. 23 from 5 p.m. to 8 p.m.

Valentine's Day Event - Friday, Feb. 13 from 6 p.m. to 8:30 p.m.

Toshiba Tablet winner



MCpl. Sydney Calvert was the winner of a Toshiba Tablet as a result of a draw conducted through OK Tire of Quinte West, a supplier for CANEX. MCpl. Calvert is shown here receiving the tablet from Mike Workman, the owner of OK Tire Quinte West while Andy Moreau, Trenton SuperMart manager, looks on. *Photo by Ross Lees*

Did you know...?

Did you know that a car accident victim may need up to 50 blood transfusions to survive? That's 50 blood donors for one patient! The Contact reminds you that it is important to keep your appointment as patients in need are relying on you. Call

1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to make an appointment to donate blood. The next CFB Trenton Blood Donor clinic will be held on Jan. 16, 2015 from 10 a.m. to 2 p.m. at the RecPlex gym, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies

Over half of Canadians have needed blood

Fifty-two per cent of Canadians have said that they or a family member have needed blood. The Contact asks you to book your appointment today by calling

1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment.

It takes many donations to save a life

It takes many donations to save a life, and every usable part of your donation goes to a patient in need. That's because every time you roll up a sleeve, your blood donation is separated into three components: red blood cells, platelets and plasma. Make a difference today by calling 1-888-2-DONATE (1-888-236-6283) or book online at www.blood.ca to book an appointment.

The next CFB Trenton Blood Donor clinic will be held on Jan. 16, 2015 from 10 a.m. to 2 p.m. at the RecPlex gym, 21 Namao Drive. All regular and new blood donors are encouraged to come out and help replenish vastly depleted blood supplies

Inspiring others to give blood

Please call 1-888-2-DONATE (1-888-236-6283) to make an appointment or book online at www.blood.ca

Giving blood is so vital. You may not realize just how much blood is required to save a life. For instance, it can take:

1. 50 units of blood to help someone in a car accident
2. 2 units to help someone who needs brain surgery
3. 5 units to help someone in cancer treatment
4. 8 units-a-week to help someone with leukemia
5. 5 units to save someone who needs cardiovascular surgery
6. 2 to 8 units to help someone with internal bleeding
7. 2 units-a-day to help someone undergoing a bone marrow transplant

Rally Together to Save Lives.

It's important to spread the word about donating blood - 43 per cent of first time donors actually go with someone else to donate. Bring a new donor to the next blood donor clinic.

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Safety

Do snow blowers eliminate risk for injury due to snow removal?



Snow blowers were designed to replace or minimize shovelling and to make snow removal easier. Snow blowers have various degrees of effectiveness depending on their design and price.
 If you use a snow blower, it is important to recognize that this machine doesn't make snow removal either effortless or risk-free. Nevertheless, while not as strenuous as manual shovelling, using a snow blower remains physical labour that is done in the snow and cold.
 Snow blowers can indeed make snow removal more efficient, particularly where there is a large area to clean. However, snow blowers do not eliminate manual snow shovelling completely. Sometimes a snowfall is too light and sweeping away snow with a brush or shovel is sometimes easier and faster than firing up a machine. Snow blowers also cannot remove the build-up of ice under the snow.
How do I use a snow blower safely?
 Once you decide to use a snow blower, whether your own, borrowed or rented, it is crucial to read, understand, and follow all safety practices in the owner/operator manual before starting and operating the unit. Make sure you understand the functions of all controls and how to operate them, and how to stop

in an emergency. Failure to follow instructions could result in personal injury and/or damage to the unit.
What is the safe way of operating a snow blower?

- Always allow unit and engine to adjust to outdoor temperatures before clearing snow.
- Ensure proper guards, plates or other protective devices are in place and working properly
- Stay alert for any unexpected hazard.
- Always be aware of traffic and pedestrians when operating along streets, curbs, or sidewalks.
- Always be sure of your footing, especially when operating in reverse or leaving the operator's position. Walk, never run, during operation.
- Avoid uneven and rough terrain. Be extra cautious while operating near drop-offs, ditches, or embankments. Units can suddenly turn over if a wheel is over the edge of a cliff or ditch, or if an edge caves in.
- Use extreme caution on gravel surfaces. Adjust runners so a scraper blade does not contact gravel.
- Keep all movement on slopes slow and gradual.
- Use a slow speed to avoid stops or shifts on slope.

- Always look down and behind before and while backing.
- Disengage attachment drive when traveling from one work area to another.
- Run the unit a few minutes after clearing snow to prevent freeze-up of attachment.

How can you avoid troubles?
 Abnormal vibrations are a warning sign. Striking a foreign object can damage a unit. Immediately stop the unit and engine and inspect for causes or damage.

Before cleaning or inspecting

- Turn off the machine
- Remove key
- Allow all moving parts to stop
- Allow hot parts to cool
- Remove wire from spark plug
- Always allow an engine to cool before servicing.
- Do not use your hands to remove materials. Fingers have been amputated when the blade has rotated unexpectedly. Use a small shovel, tool, or stick instead.

What is the proper way of fueling snow blowers?

Do

- Fuel is highly flammable and its vapours are explosive. Handle with care. Use an approved fuel container.
- Replace a fuel cap securely and clean up spilled fuel.

Do Not

- No smoking, No sparks, No flames.
- Do not fill a fuel tank when an engine is running, or when hot from operating.
- Do not fill or drain a fuel tank indoors.



CAF Men's Basketball Team Competes at SHAPE International Basketball Tournament

Continued from page 3

levels with a goal of representing the CAF at the upcoming World Military Games in South Korea in October 2015.

Finally, the CAF Men's Bas-

ketball Team would like to recognize and thank everyone who supported them throughout the entire process. Without the support of the chain of command,

colleagues, fans, family and many others, it would not have been possible for the team to compete and perform as well as they did.

(left) Pte T'Jani Ruttu a 6'7" forward with the Canadian Armed Forces men's basketball team measures himself against students of the Canadian International School at the Supreme Headquarters Allied Powers Europe (SHAPE) military base. The men's basketball team visited the school to interact with students and play a friendly game of basketball on 5 Dec, 2014 while participating in the SHAPE International Basketball Tournament.



2014 Canadian Armed Forces Men's Basketball Team - SHAPE International

Name	Rank	Position	Base/Wing
Paul Rutherford	Brigadier-General	Patron CAF Basketball	US CENTCOM HQ
Jay Burt	Major	Chief of Mission/CISM Basketball General Manager	Trenton
George Mooney	Civilian	CISM Basketball Coach	Ottawa
Isabelle Thibault	Lieutenant	CISM Basketball Physiotherapist	Gagetown
Adam Asquini	Captain	Team Captain/Forward	Edmonton
Matt Bentley	Captain	Forward	Ottawa
Steven Bilodeau	Master Corporal	Team Captain/Center	Ottawa
Cody Brown	Sub-Lieutenant	Guard	Halifax
Brandon Campbell	Bombardier	Forward	Petawawa
Garrett Campbell	Lieutenant	Forward	Halifax
Michel Gosselin	Captain	Guard	Ottawa
Rondon Jacobs	Sergeant	Guard/Forward	Toronto
Brad Krajcik	Major	Guard/Forward	Kingston
Nic Leger	Lieutenant	Forward	Gagetown
Greg Richards	Lieutenant (Navy)	Guard	Toronto
T'Jani Ruttu	Private	Forward/Center	Trenton

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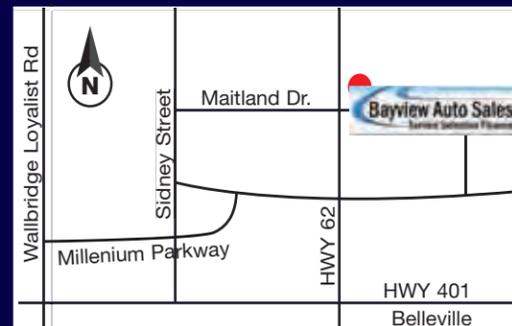
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